

Martial Arts

To read more about our Martial Arts classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

After School Karate ♥

Intermediate

This level teaches techniques and katas used in the style of Shito Ryu to teach self defense. Students will progress through a belt structure and have the opportunity to compete in tournaments. This class offers a great physical work out and improves self-confidence, flexibility and coordination.

Harding Community Center: Auditorium

Instructor: Leah Snead

Age: 7Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45769	6:15-7:15pm	Tu	Jun 22-Jul 27	6c	\$75/\$85
45770	6:15-7:15pm	Tu	Aug 3-Sep 7	6c	\$75/\$85

After-School Karate

Students will learn combination kicks, blocks and punches of Shito-Ryu style karate. Students will also learn katas and advance through a belt structure. Good choices and behavior are taught along with respect and discipline. Wear comfortable clothing. Karate uniforms are required and may be purchased from instructor.

Calavera Hills Community Center: Activity Room

Instructor: Leah Snead

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45763	4:30-5:30pm	M	Jun 21-Jul 26	5c	\$63/\$73
45764	4:30-5:30pm	M	Aug 2-30	5c	\$63/\$73

Harding Community Center: Auditorium

Instructor: Leah Snead

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45765	4:30-5:30pm	W	Jun 23-Jul 28	6c	\$75/\$85
45766	4:30-5:30pm	W	Aug 4-Sep 8	6c	\$75/\$85

Japan Karate Federation ♥

Adult Beginning & Advanced

Beginning students are introduced to training in an authentic martial arts environment. Introduction to Kodudo and Jui Jitsu will offer students an opportunity to train in multiple martial arts. As the student progresses in skill, knowledge and conditioning, the student will learn more advanced forms, sparring and self defense techniques.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 12Y and up

Note: No classes Aug 29-Sept 5.

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45782	8:00-9:15pm	M/W	Jun 21-Aug 1	23c	\$75/\$85
	11:00-1:15pm	Sa			
	12:30pm-2:00pm	Su			
45783	8:00-9:15pm	M/W	Aug 2-Sep 12	18c	\$75/\$85
	11:00-1:15pm	Sa			
	12:30-2:00pm	Su			

Activities and classes with ♥ offer a health and wellness benefit to the participant.

Youth Beginning & Advanced

Beginning students are introduced to training in an authentic Martial Arts environment as they learn karate techniques. Through discipline and perseverance the student progresses through the ranks. As the student progresses in skill, knowledge and conditioning the student will learn more advanced forms, sparring and self defense techniques.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 6Y - 12Y

Note: No classes Aug 30-Sept 6.

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45784	7:00-8:00pm	M	Jun 21-Jul 31	17c	\$69/\$79
	6:45-8:00pm	W			
	9:45-11:00am	Sa			
45785	7:00-8:00pm	M	Aug 2-Sep 11	13c	\$69/\$79
	6:45-8:00pm	W			
	9:45-11:00am	Sa			

Karate-JKA Shotokan ♥

Youth Beginning

Introduces students to basic karate techniques and forms for self defense that build strength, coordination and flexibility. Special emphasis is placed on providing tools for developing self discipline and confidence, along with skills for dealing with peer pressure, conflict and bullying. Children younger than 7 may be able to register with instructor approval only.

Harding Community Center: Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 7Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45772	4:00-4:45pm	M	Jun 21-Aug 21	17c	\$96/\$106
	8:30-9:30am	Sa			

Youth Intermediate/Advanced

Develop a mastery of basic techniques through an introduction to more advanced ideas and techniques for sparring and self defense. Students will learn a more complex range of techniques and forms while mastering fundamental principles. More intense training allows students to increase their physical, mental and emotional endurance.

Harding Community Center: M=Auditorium

W/Sa=Recreation Hall

Instructor: Kevin Warner Carlsbad Shotokan

Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45776	4:45-6:15pm	M	Jun 21-Aug 21	26c	\$120/\$130
	4:00-6:00pm	W			
	9:30-11:00am	Sa			

Adult

Participants learn basic karate techniques and concepts for self defense that build strength, coordination and flexibility. Special emphasis is placed on increasing physical, mental and emotional endurance as students improve their self-discipline and confidence, along with developing strategies to reduce stress and deal with conflict.

Harding Community Center: W=Recreation Hall

Sa=Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45778	6:00-7:00pm	W	Jun 23-Aug 21	18c	\$96/\$106
	11:00am-12:15pm	Sa			

Adult Advanced

Students work towards developing their mastery of the basic techniques, while continuing to learn a more sophisticated range of techniques, forms, and principles. Our unique social skills focus includes: etiquette, social awareness, risk assessment, verbal and nonverbal communication strategies and the effective use of body language.

**Harding Community Center: M/Sa=Auditorium
W=Recreation Hall**

Instructor: Kevin Warner Carlsbad Shotokan Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45780	4:45-6:15pm	M	Jun 21-Aug 21	26c	\$120/\$130
	5:30-7:00pm	W			
	10:00am-12:15pm	Sa			

Kendo: Japanese Swordsmanship ♥

Basic & Advanced

Kendo began in ancient Japan as a method of combat. The purpose and methods have changed with the needs of society, but Kendo continues developing character, self-discipline, respect and physical fitness. Practice includes basic footwork and sword technique. Advanced students wear armor and practice technique while matched with a partner. Advanced students wear armor and practice technique matched with a partner from 4:30 to 5:30 p.m.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y - 65Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45788	3:00-5:30pm	Su	Jun 20-Aug 8	8c	\$40/\$50
45789	3:00-5:30pm	Su	Aug 15-Sep 5	4c	\$20/\$30

Soo Bahk Do Karate ♥

Basic & Advanced

Soo Bahk Do is a Korean Martial Art practiced today as a method of self defense and exercise which has been in existence for centuries. It develops coordination, muscle conditioning, discipline, self control, confidence and self respect. Students may achieve a high level of mental, spiritual and physical well being. Advanced students practice also from 7:30 to 8:00 p.m.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 8Y - 65Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45786	6:30-8:00pm	Th	Jun 24-Aug 12	8c	\$40/\$50
45787	6:30-8:00pm	Th	Aug 19-Sep 9	4c	\$20/\$30

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City of Carlsbad Parks & Recreation

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